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ACME, ALBERTA, THURSDAY SEPTEMBER 8th, 1955

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Jo Anne Ohlhauser left Tues. to attend Mount Royal College in Calgary.

Myrna Schell left Tuesday to take up training in the Holy Cross hospital.

We regret to say Mrs. E. Maxwell is not very well at her home in Carbon.

Mr. and Mrs. D. E. Brown of Kimberley, B.C. are visiting at the home of Mr. and Mrs. S. J. Garrett.

Mr. William White celebrated his 75th birthday Sunday, Sept. 4th at his home on his homestead entertaining visitors from B.C. at a chicken dinner.

BORN—To Mr. and Mrs. R. J. Aitken on Sept. 4th, a 6 lb. 13 oz. daughter, Marie Elizabeth in Three Hills hospital. Both doing well.

BORN—To Mr. and Mrs. Higginbottom (nee Margaret Schmierer) a daughter, Susan Lynn in the Elora hospital. A sister for Reggie.

The Fall meeting of the United Church W.A. Sr. Group held their first meeting on Wed., Aug. 31. Plans were made for the fall work, the main project being the bazaar which is being held Sat., Nov. 26th.

The first meeting of the Home and School was held Sept. 8th at 8 p.m. in the School Auditorium with president Vern Dresser in the chair. The meeting opened in the usual manner by singing O' Canada. Chairman called on Mr. Jack Appleyard to read the minutes of the last meeting owing to the absence of the secretary, Mrs. M. Fox, who is ill at

GOOD MILK COW FOR SALE
—To freshen about Sept. 8th. 6 years old. \$200.00.

—Apply Albert Huether.

FOR SALE—Seed Rye and Feed Rye.
—Apply John Wood, Phone 805, Carbon.

For
GRAIN INSURANCE
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her home. The chairman made a few remarks before his retirement in regard to being members of a Home and School we should set a good example also to help all children pupils of the C.S.U. to stand up and take their part for the benefit of the community in general.

Installation of the following officers then took place:
President.....Leo Trepanier
Vice-President....Mrs. M. Hanson
Secretary....Mrs. G.L. McCracken
Treasurer.....Mrs. Jean Pallesen
Program Committee, Mrs. Irene Woods.

Membership Committee, Steve Homeniuk.

Lunch Chairman, Mrs. M. Hecktor.

Mr. Mueller then offered a prayer for guidance, help and fellowship of the new officers and members of school and community for the coming year.

The new president then took the chair and asked he be excused till next meeting as it was all new to him, and we had a social evening and little get together to get acquainted with the teachers, visitors and new members. Mrs. Otto Martin called for a vote of thanks to the retiring officers, also for a vote of confidence in the new officers and committees for the coming year.

The new teachers were then introduced by Principal Jack Appleyard:

Miss Shirley Wiebe, Grade One
Mrs. Dechenne.....Grade Two
Miss E. Leonhardt.....Grade Three
Miss Lobbon....Grades four, five
Miss Nelson.....Grades six, six
Mr. Podmoroff...Grades 7 & 8

Mr. Arthur Middlestead, Grade 9
Mr. Skakun.....Vice Principal
Mr. Appleyard.....Principal

Miss Laura Maiers and Karl Maiers (Manny) were holiday visitors at the home of their sister and brother-in-law, Mr. and Mrs. Ted Ohlhauser.

The Carbon Gun Club had a trap shoot Sept. 1st.

The following scores were chalked up out of 25 shots: I. W. McCracken 24, Ted Schmidt 22, Dr. Milne 22, Dale Poxon 22, Wray Wright 22, Dusty Poxon 21, G. Eslinger 21.

Mrs. A. L. Patchett and Miss M. Patchett motored from Ormond, B.C. via Dawson City to Carbon last week, visiting at the home of Mr. and Mrs. William White. They took William White to the Jubilee Celebration at Calgary Sept. 6th, motoring back by way of the big bend highway to Vernon.

Mrs. William Poole has returned home after spending the past two months at the home of her mother at Nanaimo, B.C. Mrs. Poole's mother is 94 years old.

Mr. and Mrs. James Hunt and family were holiday visitors at the home of their parents, Mr. and Mrs. Harry Hunt.

Miss Bessie Dechenne of Drumheller, Miss Frances Dechenne of Edmonton and Mr. and Mrs. Dave Anderson and children of Calgary were holiday visitors at the home of Mr. and Mrs. Dechenne.

Mr. and Mrs. S. J. Garrett, Bob and Wayne were Banff visitors over the holidays.

Following is the Carbon teaching staff for the 1955-56 school term:

Principal John Appleyard, B.Ed.
Vice-Principal.....John Skakun
Grade 9.....Arthur Middlestead
Grades 7, 8.....Mr. Podmoroff
Grades 5, 6.....Miss Nelson
Grades 4, 5.....Miss Lobbon
Grade 3.....Miss E. Leonhardt
Grade 2.....Mrs. Dechenne
Grade 1.....Miss Shirley Wiebe

Jimmy Cooper and Doug Bane of Banff were holiday visitors at the home of Mr. and Mrs. Jas. Cooper.

Miss Doreen Stone of Calgary spent the holiday weekend at the home of Mr. and Mrs. Alf Fox.

Mr. Alex McCarthy purchased the house recently vacated by Dr. McFarlane.

WANTED—HIGH QUALITY HOGS ONLY

If you are going to buy hogs buy good ones. Select hogs which will produce top quality litters. The time and effort put into hogs can be made into a good paying proposition.

Alberta now sells more grade C hogs than any province in Canada. The lowest producing area in the province is an area in Central Alberta where several years ago farmers bought a large type hog. This area even today is the largest producer of grade C hogs in the province.

The Maritime provinces are the only area in Canada where hog quality is not on the decline, according to Alex J. Charnetski, Alberta's livestock supervisor. A general decline in quality is a serious matter for the Canadian hog industry. In order to pay freight and duty prices and still compete on the export market Canadian pork products have to sell at a premium price. A premium price cannot be demanded for anything less than a premium product. Premium pork products are lean pork products.

Both Canadian and U.S. hogholders will pay a good price for lean pork. B and C grade hogs will not produce a product that will command a top price.

The selection of additional swine breeding stock should be done on a basis of quality in keeping with domestic and export pork requirements. Quantity will not save markets for the Canadian hog industry but quality will.

CARD OF THANKS

We wish to thank all friends and neighbors who so kindly came to our aid in helping combat the fire at our farm.

Mr. and Mrs. Elger Telz.

CARD OF THANKS

I wish to express my heartfelt thanks to my many friends and neighbors for their many kindnesses in my recent illness. The beautiful cards, flowers and other gifts were very much appreciated. A very sincere thanks to Dr. and Mrs. Milne for their excellent professional care.

R. B. Thorne.

Men, materials... and money

When a business lands an order or a contract, it is likely to go to a chartered bank to arrange some of the financing. It may need bank credit to meet payrolls, to buy materials or to cover other costs that arise before it is paid.

That's why businesses both large and small can take on many jobs they would be unable to handle if they had to depend entirely on their own financial resources... And why, every day and in every part of Canada, the chartered banks are lending money to producers, manufacturers, processors and other commercial customers.

Commercial loans are only one of many banking services available at a branch of a chartered bank. You will find it is a convenient banking service-centre where you can attend to all your banking needs.



Only a chartered bank offers a full range of banking services, including:

SAVINGS ACCOUNTS

Keep your money safe; pay you steady interest; encourage the habit of thrift.

FARM IMPROVEMENT LOANS

For many worthwhile purposes, adding to progress, efficiency and the comfort of farm life.

TRAVELLERS CHEQUES

Protect you against theft or loss of cash. They are readily negotiable anywhere.

PERSONAL LOANS

To finance your personal needs; repayment in regular installments from your earnings.

THE CHARTERED BANKS SERVING YOUR COMMUNITY

People who cannot feel pain unlucky, always in danger

There are some people who cannot feel pain. They are unlucky beings, for they are continually in danger. As children, they are usually covered with bruises and frequently burn themselves severely. As adults, internal diseases, such as appendicitis, give them no pain warning and are often not detected until they have become very serious.

This lack of pain sensations is nothing mysterious. It arises from the absence of the myriads of specialized nerve endings in the skin and within the body, which send damage signals to the tissues.

The intensity of the pain we experience is not always related to the amount of damage we suffer. It depends on the speed at which the injury occurs, or the rate at

which it progresses.

For example, sunburn does not hurt the skin during the initial stages while the damage is slowly being done. But a very hot object pressed against the skin for a fraction of a second, not really long enough to do any great harm, causes intense pain because the injury to the skin is proceeding very rapidly.

Scientists also distinguish between the sharp pains experienced on the surface of the body and the duller aches which usually result from internal troubles. The arrangement of pain-receiving nerve endings in the body is very "sensitively" organized. Pain-receivers are buried deep in the palms of the hands and in the soles of the feet, places which are constantly exposed to relatively unimportant painful stimuli.

On the other hand, pain spots are found closer to the surface in the areas of the neck, shoulders and groin where important structures like the large bones and blood vessels are near the surface, and therefore subject to serious injury from wounds. In these regions, quick warning of danger is important.

Certain internal regions of the body are relatively free of pain-receivers. For example, some parts of the gastro-intestinal tract are insensitive to pain, and therefore cancers and other ailments in this area frequently escape early detection.

The brain itself contains no pain-receivers, but these points are concentrated along the vital blood vessels which feed it or other neighboring structures.

In measuring the intensity of pain, doctors realize that their experiments do not give them a true picture. The severity of pain is affected by emotional factors such as the worry and concern felt by the victim of an accident or a serious disease. Also, the researchers say, the expectation of relief will of itself often help to ease pain. Thus, tablets containing only sugar will provide some patients with pain relief if they believe that the pills contain a pain-relieving substance.

There are many drugs used to vanquish pain. So-called analgesics raise the pain threshold of the nerves, and cause the nerve to require more stimulation before it responds with a pain signal to the brain. Local anaesthetics, like procaine, deaden a nerve or group of nerves completely so that no signal can pass to the brain.

Pain is one of the most important aids to the physician in curing the sick. It alerts the victim to the fact that something is



ALL "TIRED" OUT—There's no air in the tire and no "oomph" in the polar bear, "Brumus," clown prince of London's zoo, finds that the hottest English summer in years is too much for him and takes his favorite toy to bed while he naps in his nice, cool pool.

Attendance at museum over 100,000

REGINA.—Attendance at the Museum of Natural History in Regina has passed the 100,000 attendance mark since the official opening May 16.

Museum Director F. G. Bard said average daily attendance at the edifice built to honor Saskatchewan pioneers is about 1,000.

At the close-up Aug. 16, total attendance was 100,900. Of the total attendance passing through the doors of the blue-colored Tyndall stone building, 79 were groups averaging about 50 viewers.

Mr. Bard said that on May 16, the day Governor-General Vincent Massey dedicated and officially opened the museum, the attendance was 2,500. This figure included His Excellency, invited guests and visitors.

Sunday registers are indicating largest attendance figures with an average 3,000 viewers. The largest attendance date was Sunday, June 26, when 4,808 persons toured the museum. This was followed by July 10, when tourers totalled 4,156. Largest attendance month was July when 38,077 persons toured the building.

Mr. Bard reminds those interested in viewing the Museum of Natural History of the summer touring hours in effect. They are: Monday through Friday—10 a.m. to 5 p.m.; and 7 p.m. to 9 p.m. Saturday, Sunday and holiday schedule is 2 p.m. to 5 p.m. and 7 p.m. to 9 p.m.

wrong with him. When the patient sees the doctor, the location and type of pain experienced frequently enable him to find and treat the cause of the distress.

The sensation of pain can rightly be called a blessing in disguise. Without it, we could not learn to avoid harmful experiences and we would often perish from diseases we did not know he had. (ISPS).

Funny and Otherwise

The city boy was entranced by his first visit to the old family farm. Out exploring by himself he found several empty milk bottles in the grass.

Rushing back to the house, he shouted: "Hey, Grandma, I just found a cow's nest!"

"It's a strange thing, Jim," said Farmer Brown. "Yer allus late of a mornin' and you live right on the farm. Now Bill, here, who lives two miles away is allus on time."

"There's nuthin' funny about that," retorted Jim. "If Bill's late in the morning he can hurry a bit, but if I'm late, I'm already here."

A tourist was admiring a necklace made by a Texan. "Beautiful," she gasped. "What's it made of?"

"Alligator teeth, Ma'am," drawled the Texan.

"Oh," said the traveler. "I imagine they have the same value to you that pearls have to me."

"Not exactly, Ma'am," said the Texan. "You see, anybody can open an oyster."

A little boy said to his mother: "Is it true that we are all made of dust?"

"Yes, dear," his mother answered.

"Well, is it true that we go back to dust when we die?"

"That's what the Bible says," his mother replied.

"Well, I just looked under my bed and someone there is either coming or going."

Penguins are found exclusively in the Antarctic. 3157

Never underestimate whooping cough

Whooping cough, regarded by many as merely a childhood ailment is one of the most serious contagious diseases that can strike a child. Many youngsters die from it. Many of those who do survive are left with impairment of lungs or brain.

Each year, Canada sets aside one week in September known as Immunization Week, in order to bring to the attention of parents, through press, radio and any other available means, a reminder to have children inoculated against this common but very dangerous disease.

Patterns

New color beauty



7377



by Alice Brooks

New color beauty! Crochet these modern leaf-design doilies in two glowing colors—matched to the decor of your home. Easy—lovely!

Pattern 7377: Color - crochet doilies in modern leaf-design. Larger 16½ inches, smaller 11¼. Use crochet and knitting cotton.

To obtain this pattern send twenty-five cents in coins (stamps cannot be accepted) to:

**Department P.P.L.,
Household Arts Department,
60 Front Street W., Toronto.**

Be sure to write plainly your Name, Address and Pattern Number.

ORDER our 1955 Alice Brooks Needlecraft Catalogue. Enjoy pages and pages of exciting new designs — knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

3 tempting whole-wheat varieties from One Basic Dough!

NEEDS NO
REFRIGERATION



Basic WHOLE WHEAT Dough

Scald

3½ cups milk
¾ cup granulated sugar
4½ teaspoons salt
½ cup shortening
Remove from heat and cool to lukewarm. In the meantime, measure into a large bowl:
¾ cup lukewarm water
1 tablespoon granulated sugar and stir until sugar is dissolved. Sprinkle with contents of:
3 envelopes Fleischmann's Active Dry Yeast
Let stand 10 minutes, THEN stir well. Stir in lukewarm milk mixture.

Stir in

6 cups whole wheat flour and beat until smooth and elastic; work in 4 cups more (about) whole wheat flour
Turn out on board sprinkled with whole wheat flour and knead dough lightly until smooth and elastic. Place in a greased bowl and grease top of dough. Cover and set dough in a warm place, free from draught, and let rise until doubled in bulk. Turn out dough on lightly-floured board and knead 10 minutes. Divide into 3 equal portions and finish as follows:



1. WHOLE WHEAT BREAD

Shape one portion of dough into a loaf and fit into greased loaf pan about 4½ by 8½ inches. Grease top. Cover and let rise until just doubled in bulk. Bake in moderately hot oven, 375°, 35 to 40 minutes, covering loaf with heavy brown paper after first 15 minutes of baking.

2. PAN BUNS

Cut one portion of dough into 12 equal-sized pieces. Shape each piece into a smooth round ball and arrange in a greased 8-inch square cake pan. Grease tops. Cover and

let rise until doubled in bulk. Bake in moderately hot oven, 375°, about 30 minutes, covering buns with heavy brown paper after first 15 minutes of baking.

3. SALAD OR WIENER ROLLS

Cut one portion of dough into 12 equal-sized pieces. Shape each piece into a slim roll 4 to 5 inches long. Place, well apart, on greased cookie sheets. Grease tops. Cover and let rise until doubled in bulk. Bake in moderately hot oven, 375°, about 20 minutes. Split rolls and fill with salad or heated wieners.



EXPORT
CANADA'S FINEST
CIGARETTE

He grins when spiders spin--they help him in his work

WINNIPEG.—Spiders work for John Lewis, Winnipeg proprietor of a scientific instrument repair service and agency, reports a Canadian Press story.

When a spider spins, Mr. Lewis grins, for he uses the spider silk, the finest thread available, for "cross-hairs" on the scientific and surveying instruments he repairs. At his workshop his insect employees inhabit a row of small glass jars. An occasional leaf or dead fly helps keep spiders alive for a time.

When the spider's services are required, the eight-legged beauty is placed on a tray from which it can't escape. After a usually lengthy wait, the spider starts spinning around rectangular cardboard frames provided. These frames are revolved as the spider spins and dangles.

On callipers

Short lengths of the web are then caught on the ends of callipers with shellac; the callipers are screwed open to stretch the web; and the web is stuck to the diaphragm of an army sight or levelling and surveying instruments.

Precise placing of the next-to-invisible gossamer is an extremely delicate job which may take up to half an hour. Some of the instruments require two cross-hairs and two stadia lines for determining distance.

In most modern instruments the lines are usually etched on a glass lens. But this means one or more lens to cut out light. Thus some engineers still prefer spider web. Human hair silk or nylon, although easier to work with, would look like hawser line under magnification of the instruments. Not every spider's thread is suitable for his work, Mr. Lewis says. Some web is too fine and some even twists in spirals.

The best type of spider, he has found is the black rose-bush spider.

Individual threads

Spider silk is in reality a cable composed of many fine, individual threads.

When Mr. Lewis came to Winnipeg in 1948 he was the only man in western Canada skilled in "spider work," having learned the rare craft in England as an employee of a leading manufacturer of scientific instruments.

After the 1950 Manitoba flood, skeins of spider web helped build greater Winnipeg permanent diking system. Mr. Lewis was responsible for repairing and checking all survey instruments used in constructing the dikes.

Today the spiders are still doing their part in keeping western Canada roads on track, in developing army dial sights and range-finders on the target.

TRY AND STOP ME!

By BENNETT CERF

At the height of the social season in Washington, D.C., Sen. Theodore Green of Rhode Island, a bachelor still at 86, seemed a bit confused by it all. Over cocktails at a foreign embassy a writer asked him how many parties he was attending that evening.

"Six," confessed the senator, and pulled out his pocket diary. "Trying to figure out where you're going next?" joshed the writer.

"Not at all," replied the senator. "I'm trying to figure out where I am now!"

There was an old preacher once, according to Henry W. Grady's famous story, "who told some boys of the Bible lesson he planned to read the next morning. The boys, finding the place, glued together the connecting pages. The next morning he read on the bottom of one page, 'When Noah was 120 years old he took unto himself a wife who was'—then turning the page—"140 cubits long, 40 cubits wide, built of gopher wood and covered with pitch inside and out."

"Naturally puzzled, he read it again, verified it, then assured his audience, 'My friends, this is the first time I ever met this in the Bible, but I accept it as an evidence of the assertion that we are fearfully and wonderfully made.'

Mrs. Belheimer warned her new maid, "I never waste words. If I wiggle my finger, it means you are to come to me immediately."

"Yas'm," agreed the new maid cheerfully, "but if I wiggles my head back it means I ain't coming."

Harvest help supply keeps up with demand

Manitoba has sufficient local help to take care of present harvesting demands, states H. R. Richardson, director of Farm Labor Service for Manitoba.

Harvesting in the southern part of the province is well advanced and requests for harvesters have been easily filled.

Demand for assistance varies considerably, he stated, and when harvesting gets under way in the Hamiota and Shoal Lake areas requests for harvesters may "liven up". Heavy rains have delayed harvesting operations in these areas.

Increased mechanization on prairie farms is considered to be chief reason for cut in demand for harvesters.

Official demands for farm help are originated by the Farm Labor Service of the Manitoba department of Agriculture. Requests are forwarded to the regional office of the National Employment Service in Winnipeg and are then relayed east.



"PRETTY PLEASE"—Yanks' photogenic catcher, Yogi Berra, is caught with an angelic expression on his face as his prayers are answered with a neat snare of a pop foul at New York's Yankee Stadium.

Children become victims of careless safety habits

REGINA.—The number of children killed to the end of July in motor vehicle accidents in Saskatchewan shows a higher percentage than the whole of 1954, J. A. Christie, chairman of the highway traffic board said recently.

To the end of July, five Saskatchewan children, under 15 years of age, had lost their lives in motor vehicle accidents, or over 10 percent of all traffic fatalities reported in the province.

During 1954, Mr. Christie said, only eight percent of the year's traffic fatalities were children under 15 years of age, and 9.4 percent of those injured were in the same category.

High toll

"This is an unnecessary high toll, and both parents and motorists should put forth an extra effort to protect children's lives and welfare," Mr. Christie said.

"Traffic safety habits are a responsibility of parents, a grave responsibility which they are sometimes inclined to overlook. Many fathers go through red lights, weave in and out of traffic and ignore other safe driving rules while their own children are riding with them," the traffic board chairman said.

Many mothers jaywalk, beat lights and disobey good safety precautions while accompanied by their children, he added, yet these parents scold their children for doing the same things. Parents should inventory their own safety habits and make sure that they are setting good examples for their children.

Motorists, in turn, must always keep a wary eye for the sudden and often unpredictable action of children. It just takes seconds for an accident involving children to take place. A child suddenly looms up from nowhere, there is a screech of brakes, and another casualty is added to the growing figure.

"School will commence shortly for another term, and many youngsters will be attending classes for the first time," Mr. Christie said. "We can make sure that these children grow to adulthood, by parents' good safety examples, and a little extra care shown by all motorists throughout the province."

Earliest moose hunting season in Saskatchewan

REGINA.—One of the earliest moose hunting seasons on record in Saskatchewan's northern Cumberland area was announced recently by E. L. Paynter, provincial game commissioner.

The opening, authorized by order-in-council, is scheduled for September 19 to October 8, and was called for because of a high moose population in the area.

At the same time, Mr. Paynter also announced that for the first time since 1943, non-residents will be allowed to hunt moose. Cumberland is some 150 miles northeast of Prince Albert.

"Usually, the moose hunting season is late in November, but because travelling is very difficult in the area during the normal hunting period, it was decided to have an early season," he said.

Until the 1953-54 period, there was no open season on moose, for a number of years, and as a result, the moose population in isolated areas became more plentiful. Saskatchewan residents were allowed to hunt then.

Under the new order, residents of Saskatchewan, those of other parts of Canada and non-resident aliens will be allowed to hunt in the Cumberland area.

Mr. Paynter stated that all hunters are required to use the services of a registered guide who lives in the Cumberland area, and that anyone interested in hunting moose should contact the Northern Administrator at the Prince Albert office of the department of Natural Resources in regard to arranging for guides and accommodation.

As there are no roads into the area, hunting parties have to go in either by air or water. There is regular barge transportation into the area from The Pas. Flying can be arranged for by those interested from The Pas or Prince Albert.

Although only iron, nickel and cobalt have marked magnetic properties, among the pure metals, some alloys of other metals also are magnetic.

ELLIS ISLAND TO PLAY NEW ROLE?

Historic isle, once gateway for immigrants, may house New York's homeless alcoholics

By LEONARD J. SNYDER
(CPC Correspondent)

NEW YORK.—Ellis Island may soon be turned over to New York City for the use of homeless alcoholics.

The federal government, which has been seeking to dispose of the historic island as surplus property, is considering making a gift of it to help New York regain many of its once respectable citizens.

The problem of New York's "hopeless" has plagued city officials for years. They are not proud of the fact that the Bowery, where "broken" men spend long days and nights in flop houses, doorways and alleys, has become a sightseers' mecca.

Many of today's Bowery drunks were once looked up to by their families and communities. However, that was before they lost themselves to the agony of the present life. Perhaps liquor was not the root cause of their plight, but it certainly aggravated it.

Chronic drunks are considered to be hospital cases. However, there is not enough space to accommodate them in the city's institutions. If the island is transferred to the city, the 4,000 alcoholics expected to inhabit it will be given the best medical care. The island will not be used as a penal colony.

Since the island was abandoned last year as an immigration station, a score of proposals have been made about its future. There were those who sought to convert it into a Hall of Fame for foreign-born Americans and some who

want it to put to still other use.

Since it was abandoned on the immigration and naturalization service, the island has taken on the appearance of a ghost town.

It stands today amid an air of great stillness while around it must be one of the world's great ports.

These days the island's inhabitants are the caretakers. They're well acquainted with its history. Twenty million immigrants passed through the island's dormitories and other buildings since its opening in 1892.

The vast administration building and array of facilities are now going to waste. New York authorities, however, figure it will be cheap to modernize them at a cost of \$300,000—cheap because they will play such an important role in salvaging "lost" lives.

The island was long looked upon in the past as a doorway to the new world. So it will be to those who enter as alcoholics and leave as responsible human beings, able to face life with new strength and dignity.

The famed island originally consisted of three islands of an acre each. They were barely visible above the tide between Bedloe's Island — where the Statue of Liberty stands to the south—and the New York-New Jersey shore.

The main island was known as Oyster Island. It served as picnic grounds for Dutch Families enjoying a day's outing. Later it was called Bucking Island.

In 1765, after a pirate was hanged there, the name of Gibbet

island was used, and at various times after it became known as Gull, Kiosh, and Government Island.

Early in the 1800's, it came into the possession of a New Jersey farmer by the name of Samuel Ellis, who gave it his name. It's been known as Ellis Island ever since.

In 1808 New York state, which had in the meantime obtained possession of the island, ceded it to the federal government for \$10,000. In the following years the island was used as a powder magazine and arsenal, and later as the site of old Fort Gibson, a part of the defence of the port of New York.

In the years between the time the island passed into the hands of the federal government and its being made into an immigration station, the government built it up to its present size of nearly 30 acres.

This was accomplished principally with the ballast from visiting ships arriving in New York harbor from all over the world.

Built of the soil of many lands from which the United States has drawn its citizens, Ellis Island stands today as the outward symbol of the spiritual integration of the people who through the years have built the nation.

New Yorkers want to keep it that way. The city fathers do not look upon the Bowery alcoholics as "lost men" but as souls useful to society once given the blessing of mental, physical and inspirational care.



Ellis Island, where millions of Europe's downtrodden found the gateway to a new world

World Happenings In Pictures



LADY BADEN-POWELL, widow of the founder of the Boy Scout and Girl Guide movements, takes the wheel of a firetruck at Montreal Airport where she stopped off en route to Niagara-on-the-Lake, Ont., for the opening of the World Boy Scout Jamboree. Surrounding here are guides and brownies of Lakeshore troops, who formed a guard to welcome her. Lady Baden-Powell flew here from London.



A TRADITIONAL SPANISH MANTILLA inspires a new fashion idea for summer and Anna Maria Alberghetti shows here how beautiful the mantilla can look on extra special occasions. It can also be worn as a stole, and it makes an ideal evening wrap in hot weather. The ball gown worn by Anna Maria is in tea rose yellow and has a romantic decollete neckline with prettily ruched sleeves.



UNITED STATES FARMERS IN RUSSIA—D. Gale Johnson, second from left, former farmer and now an economics professor at the University of Chicago, lets Russian grain run through his fingers as he chats with women workers who help operate a collective farm in the Russian Ukraine. Fourth from left is Ralph Olsen, Ellsworth, Iowa, farmer. Johnson and Olsen are members of the United States farm delegation which made an exchange visit to Russia while their Soviet counterparts were visiting this country.



DO-IT-YOURSELF FASHIONS—Paris, long jealous of her secrets when it comes to high fashion, has at last succumbed to the do-it-yourself trend. Material for each ensemble, pictured above, comes pre-cut, together with trimmings and patterns. Styles, from left: Woolen coat with deep shawl collar and "flapper wrap" silhouette; horizontally striped wool coat-dress with matching, brief bolero; coat dress with matching stole; half-belted tweed greatcoat with high-buttoned, pointed collar.



CAKE CUTTING MARKS THE OPENING OF THE CAUSEWAY—Trade Minister C. D. Howe assists Mrs. Angus L. Macdonald, Scotia's Premier, Henry D. Hicks, and Mrs. Hicks. The causeway joins widow of the former Nova Scotia premier, cut a cake at the opening Cape Breton Island with the mainland of the province.



LOTS OF "PLUCK"—Cathy McCartney, 4, of Des Plaines, Ill., plucks a tune on a huge banjo at a music industry trade show in Chicago, where news of national revival of interest in the banjo made sweet music to the instrument makers' ears.

Another obstacle cleared

COPENHAGEN—Would-be explorers of the moon were assured that neither their space ship nor the surface of the moon would be too "hot" from cosmic-ray bombardment for such a venture, reports Associated Press.

This was the word from an American space scientist, Dr. S. F. Singer of the University of Maryland, one of the world's pioneers in artificial satellite research.

Taking some of the starch out of theories that the barrages of the mysterious ray "bullets" of the cosmos might make flight impossible, Singer told the meeting of the International Astronautical Federation here that:

1. The particular type of radioactivity that cosmic-ray bombardment would "induce" in the hull of a space ship or on the moon's surface would be too small in amount to cause any damage to the human body.

Shields possible

2. "Primary" cosmic rays themselves might have serious effects on man, but "shields" containing such materials as kerosene, paraffin or even water might give effective protection against them.

Dr. Singer also read a paper prepared by Dr. R. Tousey of the United States Naval Research Laboratory on the best time and ways to see an artificial satellite of the type the White House announced last week would be launched in 1957-58.

For all practical purposes, the report said, such a satellite would be visible only 1½ hours out of the 24—about 45 minutes after sunset and for the same period before sunrise.

During the day the sky's brightness would outshine it. During the night, as it passed overhead, it would be in the earth's shadow. Binoculars best.

It could be spotted in the daytime with a powerful telescope, but, until its orbit was exactly computed so the telescope could "trail" it, it would be visible to a stationary telescope's eye only for three-sixteenths of a second at a time, as it whizzed past.

Ordinary binoculars would be a better bet at first; it would take the satellite five seconds to pass their field of view.

MECHANICAL BIRD SCARERS

Blackbirds and grackles look upon a corn field as a particularly tasty morsel and in very short order can damage over 90 percent of the ears and may remove as much as a quarter of the crop. And they are very hard to scare away, as tests at the Central Experimental Farm, Ottawa, have shown.

A carbide exploder was tested which consisted of a gas generating unit that combines calcium carbide and water to produce acetylene gas, after the style of the headlights once used on automobiles and bicycles. The gas is mixed with air and creates an explosive mixture in an explosion chamber. In turn a pilot light ignites the gas and causes a report similar to that of a shotgun. The explosions may occur as frequently as twice a minute under ideal conditions.

Two exploders were used in the Farm tests in a two-acre block of ear corn and reduced the damage from 20 percent to six percent.

However, it cost approximately 75 cents per day to operate the units and in this particular test the value of the crop saved did not equal the cost of operating the exploders.

It was also found that while excellent protection was obtained for a couple of weeks or so, the birds soon became accustomed to the noise and were then more difficult to scare. The occasional use of a shot gun to supplement the exploders might increase the effectiveness of the units as bird scarers.

The conclusion reached is that while carbide exploders afford some protection they are not a complete answer to the problem of scaring birds.

Sophisticated choices for after-five dates



Simplicity, with a touch of luxury, typifies these chic cocktail dresses. The sapphire blue silk taffeta model, left, has the new full gondolier skirt to complement the narrow bodice and novel neckline. Black silk brocade, a glamorous relief from summer pastels, makes a charming after-five frock, right. Small sleeves, elongated bodice and flared skirt add to the simple but sophisticated effect.

YOUNG AND OLD

When all the world is young, lad,
And all the trees are green;
And every goose a swan, lad,
And every lass a queen;

Then hey for boot and horse, lad,
And round the world away;
Young blood must have its
course, lad,

And every dog his day.

When all the world is old, lad,
And all the trees are brown;
And all the sport is stale, lad,
And all the wheels run down;
Creep home and take your place
there,

The spent and maimed among:
God grant you find one face there,
You loved when all was young.

—Charles Kingsley

Canada's central experimental farm is source of wealth

This is the time of year when visitors to Canada's Central Experimental Farm in Ottawa ask: "Is this a farm or a park?"

The farm, 1,200-acre manicured acres of land, all within the capital's city limits, is possibly the best-kept farm in Canada. You can find there almost everything that grows in Canadian soil.

It's the showplace that costs about \$2,500,000 a year to operate but where experiments yield millions of dollars to the country's farmers in better farming methods.

From its soil have come such developments as Marquis wheat, a hardy, rust-resistant strain which experts say has more than paid for the 70 years the farm has been in existence. Newer, stronger strains, such as Seikirk wheat, have since developed to produce still better crops.

But if the farm looks like a Garden of Eden, with its hundreds of flower beds, trees, shrubs and plants—and tagged with markers for the benefit of visitors—it also is something of a zoo.

An ordinary-looking lawn may turn out to be an experiment in a new type of millet or the method of seeding and growing grass.

Under eyes of experts

A frisky young lamb or calf might amuse the children, but actually the animals are being watched by scientists for wool or meat yield.

The Central Experimental Farm

is the headquarters for a system unlike any other in North America.

It includes 32 other experimental farms across Canada, two forest nursery stations, 32 experimental sub-stations and some 200 illustration stations. The latter are private farms where new agricultural methods filter down to the grassroots—the farmers for whom the work is done.

Some of the fruits and vegetables grown on the farm are sold to wholesalers at the going market price. Livestock not suitable for breeding purposes is sent to the packing houses. The grain produced on the farm is fed to the livestock, including more than 25 horses, 300 head of cattle, 650 sheep, 450 pigs and 5,000 poultry.

Each year, farm workers plant between 10,000 and 12,000 tulip bulbs in the farm's ornamental gardens and 50,000 more along the city's Island Park drive which cuts across the farm and one of the most select residential districts in the capital.

Farm officials say the most popular souvenir objects are the tags on shrubs and trees. Some of the shrubs are over 70 years old—older than the farm itself. They were transplanted there in the early years of the farm.

Artificial moonlight planned

LONDON—After man-made "moons" comes man-made "moonlight," reports Reuters.

Within a week of President Eisenhower's announcement of plans to send up an artificial earth satellite, British space scientists disclosed plans for the release of huge clouds of yellow glowing vapor from rockets high in the stratosphere.

The first such test will probably be made in the United States soon, declared Prof. D. R. Bates of Queen's University, Belfast, with British scientists following suit soon after. At twilight, he said, it should "produce as much light as the full moon."

Bates was elaborating on a British rocket research program for the next two years outlined today by the Royal Society, Britain's leading scientific organization.

This envisages the firing of rockets carrying 100 pounds of instruments to a height of 120 miles. Though this is only half the altitude already reached by American two-stage rockets, it marks Britain's largest venture to date into outer space investigation.

Will use sodium

Bates, one of the program's planners, said the purpose of the generation of artificial "moonlight" will be to gain vital data on winds, temperatures and chemical reactions at extreme heights.

The light will be produced by the release of sodium vapor—widely used for street lighting—about 60 miles above the ground. Minute quantities of sodium already present in the upper atmosphere are responsible for much of the light in the sky, Bates said.

Just a few pounds of sodium would be sufficient to create a "most spectacular" effect, rivaling the full harvest moon, he declared.

Dairy foods supplied for Scout Jamboree

When more than 11,000 Boy Scouts gather at Niagara-on-the-Lake for the World Jamboree, August 18-28, they will consume approximately 150 tons of dairy foods, according to Dairy Farmer of Canada. In fact, one-third of all the food provided at meals for the scouts will be Canadian dairy foods, part of which has been made possible by the direct grant of Canadian dairy producers and operators.

When it became apparent that there might not be enough butter to go around, various segments of the dairy industry rectified the deficiency.

Dairy organizations participating were: The Alberta Dairymen's Assoc., The Saskatchewan Dairy Assoc., Dairy Manufacturers Assoc. of Manitoba, La Co-operative Federale de Quebec, The Co-operative Agricole de Granby, The Ontario Creamery Assoc., The Ontario Cheese Producers' Marketing Board, The Ontario Concentrated Milk Producers' Marketing Board, The Ontario Cream Producers' Marketing Board, The Ontario Whole Milk Producers' League.

The basic menus for the scouts will use the following amounts of dairy foods: butter 17,000 lbs.; package cheese, 2,000 lbs.; grated cheese, 3,000 lbs.; milk 110,000 qts., and 50,000 half pints; ice cream, 937 pounds. It is anticipated that much greater quantities of ice cream, whole milk and chocolate milk will be consumed by the scouts at the canteens.

Helicopter stretcher

A new type of stretcher which can be drawn up to the side of a helicopter, has canvas sides which protect the patient while the machine is in flight, yet allows the medical officer in the machine to treat the patient, has been developed by the Royal Navy at the Royal Naval Air Service Station at Ford, Sussex. Trials of the new stretcher have already taken place. It resembles a lidless canvas box based on a normal stretcher frame which can be hoisted from the ground or deck of a ship to enable the patient to be transported elsewhere.



Macaroni-mushroom salad is a well seasoned traveler; makes a delicious, hearty dish to take on late summer picnics.

BY DOROTHY MADDOX

A HEARTY salad that travels well always makes a picnic more pleasant. This macaroni-mushroom salad is almost a balanced meal in itself. Serve it with grilled frankfurters, warm buttered frankfurter rolls and chilled fruit drinks and you have a gala meal to relish under the distant trees, or in your own back yard on a warm summer night.

Macaroni-Mushroom Salad (4 to 6 servings)

Four ounces elbow macaroni, 3-ounce can sliced, broiled mushrooms; ¼ cup well-seasoned French dressing, ½ cup mayonnaise, 1 tablespoon lemon juice, 1 teaspoon prepared mustard, ½ teaspoon salt, 2 cups celery, sliced diagonally, 1 cup unpeeled, sliced, cucumber wedges; 1 cup sliced radishes.

Cook macaroni in boiling salted water until tender. Drain mushrooms, saving broth for some future use in gravy or sauce. Place mushrooms in suitable container with macaroni. Add French dressing and mix thoroughly.

Cover and chill for several hours, turning ingredients occasionally. Drain off any excess French dressing. Combine and add mayonnaise, lemon juice, mustard and salt.

Just before serving, add crisp vegetables and toss salad lightly together.

Grilled Frankfurters

Eight frankfurters (about one pound), 2 teaspoons kitchen bouquet, 8 frankfurter rolls, heated.

Score frankfurters lightly in a spiral from end to end. Brush all over with kitchen bouquet. Place on grill about 3 inches from moderate heat. Let broil from 5 to 8 minutes. Turn and broil on second side about 3 to 5 minutes longer. Serve immediately in heated roll.

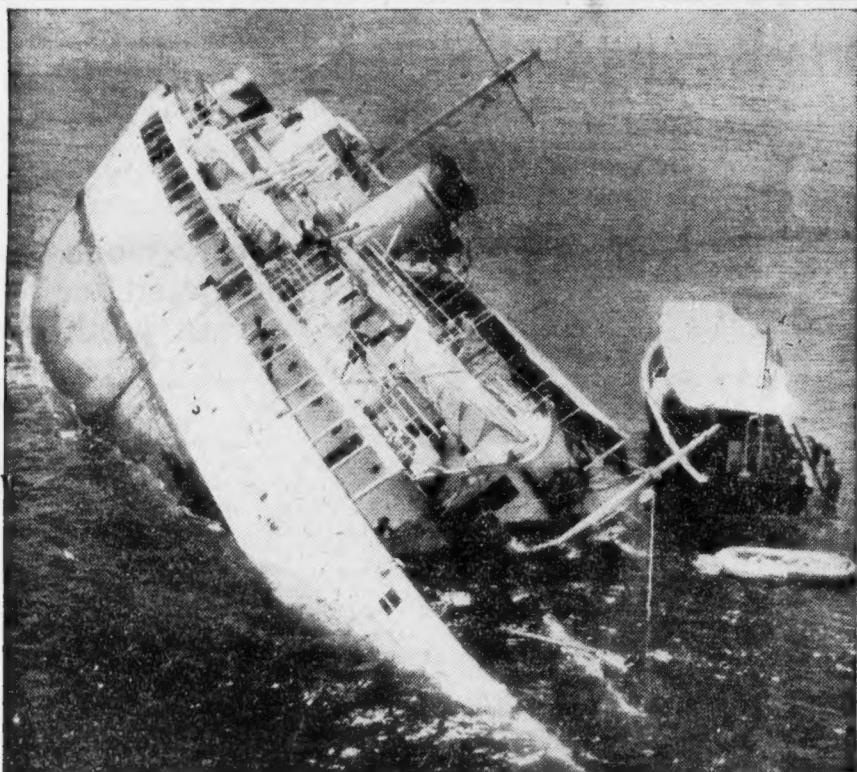
World Happenings In Pictures



SKATING STAR ENGAGED—Barbara Ann Scott shows off her diamond and sapphire engagement ring to her fiance, publicity man Tom King of Chicago, during an engagement party in Toronto. The date for the wedding has not been announced. Barbara Ann will have for her matron of honor Mrs. A. M. Burka who accompanied her to Europe the year she won the Olympic Skating championship.



A LOST SON IS FOUND—Denny Lloyd, nine, sobs as his father embraces him at remote resort of Spirit Lake, Wash., where the boy was lost for 44 hours following a scouting trip. He was found in a log cabin near an old mine.



TOO MUCH WATER SPOILS THE FRUIT—The star of Malta, a ferry ship and its cargo of fruit bound for the Mediterranean island of Malta, lies on its side after striking a reef in the fog-bound harbor of Valetta. A salvage boat and divers stand by the stricken vessel. All but one of the 66 persons aboard were saved.



WHO KNOWS?—Participants in this mock political campaign might someday win similar prominence in the national political arena. Newly elected American Legion Boys' National President Doug J. Hooper, 17, right, and Vice President Kenneth R. Jennison, 17, exchange congratulations on the convention floor at College Park, Md., after their triumph. Hooper is from Glendale, Calif., Jennison is from Carthage, Mo.



IN UNIFORM AGAIN—Three of the 11 U.S. airmen released by the Chinese Communists at Hong Kong are back in uniform again. Sitting in a car about to take them to the airport for a flight to Manila are, left to right: Airmen Steve Giba, Harry M. Benjamin, Jr., and Daniel Schmidt, of Redding, Calif. The latter's wife remarried while he was a prisoner, assuming he was dead.



PRETTY CLASSY "MOTIVE" POWER—The locomotives, of course, Grand old girl at left is the historic, 80-year-old Virginia and Truckee's J. W. Boker, brought out of retirement to celebrate completion of an extension of California's McCloud River Railroad. High-stepping beauty at right is Southern Pacific's 4430, which pulls the Sunan Special from San Francisco to Santa Cruz, Calif. The girls Jeannie Burris, left, and Nuvia Cabrera are the pretty examples of "motive" power which press agents use to put their pictures on the main line.

Modernization of Europe menaces white stork

For past 15 years bird population has been decreasing steadily

By LEE HANCOCK

(Written especially for CPC)

A few years ago an injured white stork, flying south to its winter home, made a forced landing in Belgrade. The local branch of the Yugoslav Society for the Protection of Animals packed a hamper full of frogs and delicacies, chartered a plane and flew the bird south as far as Istanbul. There it was cared for until it became well enough to look after itself.

The incident pointed up the high regard European bird lovers have for the great white stork and the increasing concern they feel for its welfare. For, according to authorities on the life and habits of these birds, the population of storks has been decreasing steadily since 1940.

In Holland, for example, traditionally a favorite home of the stork, there are probably less than 100 breeding pairs. In Denmark the story is similar.

The reason for this decrease in number has not been completely established. However, it is known that French and Italian "sportsmen have been shooting storks as the birds travel above their countries on their annual migration to Africa.

It has also been suggested that the storks may be the victims of the wholesale distribution of DDT and other grasshopper poisons in Africa.

Probably the greatest menace to the birds is the increasing modernization of Europe, with its high tension wires, power lines and television aerials. Storks, who love human beings, invariably settle near heavily populated districts, sooner or later run into trouble by colliding with the wires their idols have strung through the air.

There are about 25 species but the one which has captured the imagination of men is the white stork of Europe. Over the years, it has held a place in the legends of countries the world over. Though the fable originated in Holland, children of many countries believe that they are delivered to their parents by a white stork.

Other superstitions concerning



The great white stork mates for life, always returns to its nest, adding to its size, year after year.

the stork are equally fanciful, and spring from varying places and times.

The ancients, watching the storks soar upward in their flight for the winter, believed that they went to the moon, estimated that it took them two months of steady flight to reach their destination.

The actual migration habits of the European storks are fully as amazing as any dreamed up by ancient bird watchers. They winter regularly in South Africa, some 6,000 miles distant. The birds have two well defined routes by which they make this journey.

Storks which live to the east of the German river Weser take an eastern route across Hungary, the Balkan States, Asia Minor, Palestine, along the great valley of the Nile and the African lakes to South Africa.

Those who live west of the Weser go by way of France and Spain to Gibraltar and thence

across the western Sahara to the lake region of Central Africa.

On their trips these big birds, about 3 feet in length, fly at tremendous heights. In the Himalayas, storks have been observed at 14,000 feet above sea level, at which they could be seen only with glasses. Observers believe that on occasion they go as high as 20,000 feet above sea level.

In Holland, the arrival of the storks from their winter home is always an eagerly anticipated event. Every inducement is used to get them to settle on their rooftops and if they do not return the Dutch consider it an indication of impending disaster.

Standard Bridge

By M. Harrison-Gray

Dealer: West
North-South game.

N.
♦ Q 9 8 7 6
♦ A K 8 7
♦ Q 9
♦ A J

W. E.
♦ J 8 7 ♦ 10 5
♦ 6 5 4 ♦ Q J 9 8
♦ K J 8 ♦ 3 2
♦ 7 6 5 ♦ K Q 9 8 7

S.
♦ 10 7 ♦ 10 5
♦ A 10 8 7 6
♦ 10 4

Certain "Strong Two-over-One" schools work on the following theory: since a suit response at the Two level shows at least 10 points, opener can rebid Two No-Trumps on as little as 12 and jump to Three on 16. This accounted for the Room 1 auction in an international match.

North bid One Spade. South Two Diamonds North Three No-Trumps, South Five Spades and North Six Spades.

In a desperate attempt to retrieve the situation after a Club lead,

North went four down. His team cashed 1000 on the deal as Five Diamonds was bid and made in Room 2.

Both players forgot about limit theory. If South's Two Diamonds is a "strong" call, then Four Spades is ample

on the next round, while

North, with the bare minimum for his jump to Three No-Trumps, should decline any slam invitation.

(ISPS)

1. Share the road by driving in the proper lane.

2. Allow ample clearance when passing.

3. Yield the right of way to other drivers and to pedestrians.

4. Give proper signals for turns and stops.

5. Dim headlights when meeting or following vehicles.

6. Respect traffic laws, signs, signals and road markings.

7. Adjust driving to road, traffic and weather conditions.

New Refrigerator Eliminates Stooping

BY EDNA MILES

IT would seem that the modern kitchen couldn't be more convenient than it is right now. Convenient and colorful.

But the improvements continue. Latest of these is a completely new idea in refrigerator design. It's a combination refrigerator-freezer that hangs securely on the wall, thus saving floor space.

The new design places every shelf at a convenient shoulder level, eliminating stretching, stooping or bending.

Actually, it's only 17½ inches deep, but its capacity is 10 cubic feet. Doors close magnetically and have no protruding handles.

There's color aplenty. Mix-or-match colors include satin white, turquoise green, canary yellow, petal pink, cadet blue and wood-tone brown.

There's a decorative strip across the base that can be chosen to match or contrast with the chief color.



There's no stooping for this homemaker with her new wall-style refrigerator that saves floor space.

Color important to health and well-being in the home

A meat packer found that the butchers in his cutting room were easily fatigued, inefficient and subject to frequent illness. There was no apparent reason for their low morale—until a color analyst was called in.

The culprit, he said, was the white paint on the walls and ceilings of the cutting room. Because of an optical phenomenon known as retinal fatigue, the butchers saw green images of the meat they were cutting every time they looked up from their work. The problem was solved when the walls were painted green.

A manufacturer faced a similar situation. The interior of his factory had been painted a light blue in the belief that it would make things pleasant. Instead the workers complained of being cold in the winter. When the color was changed to a "warmer" hue—yellow—the complaints ceased.

Because bright colors make objects look larger, and because some color combinations make a deeper impression than others—black on yellow is the most vivid of all—merchandisers have learned that the proper use of colors in packaging will increase sales.

Color is important to health and well-being in the home. For example, a woman who was often ill always seemed to improve when she got away from her room, which was painted in purple—her "favorite" color. The doctor persuaded her to take a trip, and while she was away, had the room repainted yellow. She never suffered from her old annoying symptoms again.

Emotional Health

It is only in recent years that there has begun the scientific study of the relation between emotional health and our senses. But we know now that color, music and smell can often be healing agents as effective as drugs and scallops.

In many modern hospitals, music is used to lessen the apprehension of surgical patients and to overcome the disturbing effects of operating noises and conversations. Physicians also report that music helps expectant mothers to endure pain and pass the hours of labor with less fear and foreboding. Dentists are also turning to music as a means of helping patients to overcome their fear of extractions and prolonged drilling. The most striking successes of musical therapy, however, have been scored in psychiatry.

Experiments with smells as tools of medicine have not yet progressed as far as with music and colors. But, because an odor can be effective in bringing a half-forgotten scene to the mind, physicians are finding smells of value in the diagnosis and treatment of the mentally ill. Several hospitals in the USA are already using "scent-therapy."

Our senses are the only way we have of perceiving and knowing the outside world. It is little wonder, then, that the sounds we hear, the colors we see, and the scents we smell are an important means of understanding—and healing—our ills.

DOUGLAS FIR

The Douglas fir of the Pacific coast is named after David Douglas, Scottish botanist who introduced it to Europe in 1827.

Funny and Otherwise

Policeman: "How did the accident happen?"

Motorist: "My wife fell asleep in the back seat."

A woman will go to almost any extreme to put a man back on his feet—if he's comfortable, and her husband.

Wife to husband: "I scratched the front fender a little dear. If you want to look at it, it's on the back seat."

Backwater College's baseball team had just lost a practice game after playing a very weak and listless nine innings.

Afterwards, they sat in the dressing room, waiting for the coach and dreading the tongue-lashing they were certain they'd get. Minutes ticked away, the room was silent and the tension increased.

Then there was a sound at the door. Every player winched, and the coach's head appeared. But only for an instant.

"Oh, pardon me, girls," the coach said and hurriedly closed the door.

The class was discussing the North American Indians when the teacher asked if anyone could tell what the leaders of the tribes were called.

Girl—Chiefs.

Teacher—Correct, and what were the women called?

Lad (promptly)—Mischiefs.

A passenger on his first airplane flight was being comforted by a fellow traveller.

"You have nothing to worry about," said his pal. "If your time has come, you can't do anything about it."

"That's OK," he answered, "but what bothers me is, suppose the pilot's time has come and mine hasn't!"

Hillbilly—Let's patch up this feed, Jasper, till I gets more shells from the mail-order house.

"You're getting to be a stuffy old stay-at-home," complained the wife. "What happened to all that zip you used to have?"

"Well, principally," replied the husband, "I'm beginning to feel my corns more than my oats."

Helpful Hints

It's wise to put paper on the floor under your ironing board to prevent soiling of pieces which are long; but don't use newspaper because hot, moist materials tend to pick up ink.

You can get egg stains from silverware by applying salt with a dry, soft rag and rubbing the grains against the silverware.

Ever try seasoning mashed potatoes with grated cheese and paprika? They are particularly good this way if you pile them into a pie plate and brown under the broiler.

Paint that is hard and useless can be softened by pouring an inch of turpentine on top of it and letting it stand for a few days. Then stir with a stick until soft.

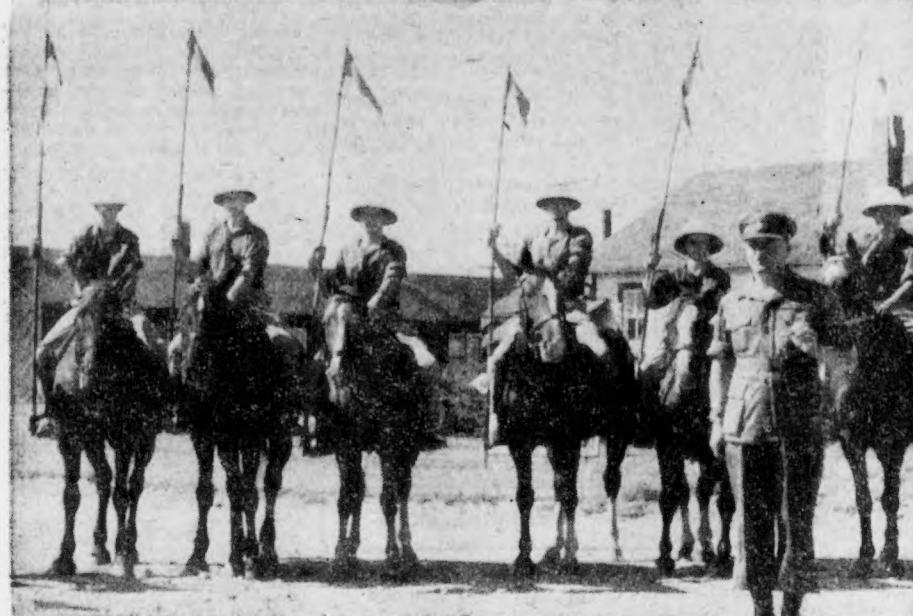
Window too tight? Try gluing a strip of sandpaper in the slide. The window's action will sand itself down till you have an easy-up window.

Weather report: The sizzling summer of 1955 will average about 25 degrees above weather bureau records when you tell your grandchildren about it.

3158

Drive With Care!

Prairie cadets at marching out parade highly commended by Lieut.-Governor



MOUNTED ESCORT FOR THE LIEUTENANT-GOVERNOR — Ten Cadets, riding the camp's recreational riding horses and bearing lances, swept down the road to the Dundurn Cadet Camp reviewing stand in front of the staff car. The cadets, nine of them from Winnipeg and one from Unity, Sask., were specially trained for the escort by an ex-cavalryman.

Upwards of 800 cadets from various points in Prairie Command—Saskatchewan, Manitoba and northwestern Ontario—ranging in age from 15 to 18 years, were highly commended at Dundurn Cadet Camp August 18, by His Honor W. J. Patterson, lieutenant-governor of Saskatchewan, for their "uniformity or response, much more apparent than in previous years." The lieutenant-governor was inspecting officer for the third successive year at an impressive marching out parade which marked completion of an intensive seven week course for the cadets. Cadet C. J. Hindle of Indian Head, Sask., was the efficient

parade officer.

The Lieutenant-Governor, accompanied by Brigadier H. V. Love, camp commandant and military area commander, was escorted into the camp and to the saluting stand by a mounted escort of 10 cadet-lancers, mounted on horses purchased for cadet recreation out of the profits of their own canteen.

Outstanding cadets

Following the ceremonial inspection and march past, His Honor presented awards to outstanding cadets in camp. Best cadet was Nicholas Prokophuk of Dauphin, Manitoba, who received an award of \$50. Best cadets in each company, each of whom received an award of \$25, were Brian Friesel of Grenfell, Sask.; C. J. Hindle of Indian Head, Sask.; Kenneth Young, St. Boniface, Man.; A. R. Murray and Michael Peter of Regina; Kenneth Inaba of Fort William, Ont., and Mindy Swanson of Selkirk, Manitoba.

Formerly these groups had to wait until late August, but now grade 10 and 11 students will receive results shortly after the first week of July, and grade nine students three weeks later.

The mechanical marking of certain sections of grade 12 papers will speed up issuing of results for this group as well.

Students writing certain factual sections of the multiple choice type in grade nine and 12 departmentals do questions by blacking out numbers of their choice with the special electrographic pencils. The papers are marked by inserting them into a machine, which holds the "key" to the right answer and registers each student's score on an indicator.

The marking machine cannot handle questions of the essay type, where such intangibles as opinion, presentation, and style must be dealt with. These still must be done by markers. In the mechanical factual side of an exam, however, the machine out "does" markers both in accuracy and speed. It marks part of five grade 12 papers, two complete grade nine papers, and parts of two other grade nine papers, and goes through a minimum of 10,000 answer sheets a day.

The use of machine marking began about seven years ago, while results machines are in operation for the first time this year. A rapid post-war increase in Alberta's school population has presented a huge stumbling block to swift and accurate marking and issuing of results, without mechanical aid.

Dollar a pound on the hoof

RIVER SIOUX, Iowa.—Myron Hoff, 56, isn't sparing the calories these days because he's worth his weight in silver.

Hoff won the prize in a nationwide livestock judging contest for feed dealers and will receive a silver dollar for every ounce he registers at an official weighing-in at Chicago.

His current weight of 177 pounds is worth about \$2,800.

Lt. Col. P. C. Jardine of Regina,

Thought, effort can result in much beauty

August to early October is bulb planting time, advise horticulturists at the Beaverlodge Experimental Farm. A little thought and effort during this period can result in a harvest of beauty through the spring and summer months.

Particularly attractive are the early blooms—the bright blue squills, the yellow fritillaries and the multi-colored tulips. Then come the lilies in all their varied forms and shades. For those who have had trouble raising lilies a suggestion might be welcome.

A friable well-drained soil is required by these plants, the horticulturists say. The cold clay subsoil of the Peace River region is not conducive to their comfort. A special cultural method employed at Beaverlodge involves replacement of this subsoil.

A trench 18 inches deep and 18 inches wide is dug and the bottom of the trench filled with a mixture of equal parts of topsoil, sand and peat. The trench is filled to within two inches of the required level of planting, then covered with a two-inch layer of sand in which the bulbs are planted. The remainder of the trench is then filled with soil mixture similar to that in the bottom of the trench.

Many lilies can be grown successfully in the Peace River region and the grower need by no means limit himself to the most handy. Choice varieties are now available that will repay the little care required.

A useful guide is the circular "Recommended Herbaceous Perennials" obtainable from the Experimental Farm at Beaverlodge. Based on extensive tests, this circular contains a valuable list of bulbs and other perennials well suited to conditions of the Peace River country.

Stray pup top dog

NEW DELHI.—A stray puppy from a Nepalese village has qualified for the title of the world's "top dog" by climbing to 21,000 feet with the French expedition to Makalu this year.

Another village mongrel later accompanied an expedition up to 20,000 feet on the black peak in the Indian Himalayas.

These are the highest points known to have been reached by any animal. Even the legendary Abominable Snowman's tracks have only been seen up to 18,000 feet on Everest, although birds have been seen higher.

The Makalu dog, a long-legged black puppy, attached itself to the French climbers at the last village before they reached the mountain. From then on, it moved and lived with the climbers, growing fat on the expedition's scraps and climbing with the team over snow and ice up to Camp III at 21,000 feet. The French leader, Jean Franco, said that it jumped over crevasses with ease and at 21,000 feet its breathing seemed normal.

A party of Indian and Burmese students who climbed the 20,956-foot Black peak had a similar experience with a stray dog, Jack Gibson, a British schoolmaster who led the expedition, said that the dog attached itself to the expedition at Chakrata, the last roadhead on the trek to the mountain.

Dynamite is detonated by percussion.

Strictly Fresh

Fellow across the desk from us says he's willing to make a great sacrifice to further the earth-satellite program. Wants to send his mother-in-law along as the first passenger into space.

With the knowledge that the earth-satellite program has caused men of all nations to fix their eyes

on the stars comes the pleasing thought that they'll have a lot less time to eye the borders of each other's countries.

The earth-satellite program is an all-stars game in which the scientists come to bat.

Russians say they hope to build a satellite station which will carry human beings. This shows that the Kremlin hierarchy plan to keep their feet on the ground.

The satellite which the United States is expected to launch sometime in 1958 will travel around the earth once every 90 minutes, or in about twice the time it takes for a rumor to make the rounds.

The week in Britain

U.K. shipyards boom

Although orders for new ships placed in British yards slackened last year, revival began in the last quarter and continued throughout the first six months of 1955. The latest figures of the industry's Trade Association show that at the end of June orders totalled \$1,470 million.

Brisk booking

Of the 140,000 sq. ft. of stand space available for the first part of the 1956 British Industries Fair, more than 100,000 sq. ft. have already been booked, and a further 30,000 have been earmarked for firms who have indicated their intention of exhibiting. This first part of the Fair will be held at Earls Court, London, from February 22 to March 2, and the second part at Olympia, London, and Castle Bromwich, Birmingham, from April 23 to May 4.

Edinburgh film festival

At least eight Canadian films will be shown at the 9th International Edinburgh Festival, to be held from August 21 to September 11. British films to be shown at the Festival include the comedy "Doctor At Sea"—sequel to the highly successful "Doctor In The House", and an example of the excellent series known as "Transatlantic Teleview".

Umpire in Scotland

A Canadian farmer was called upon to act as umpire when two judges disagreed over the merits of two Ayrshire cows at the annual Kinrosshire Agricultural Show at Kinross, Scotland, recently. He was Mr. A. L. Young of Brooks, Alberta, who is now on holiday in the U.K. and is spending part of his time visiting various agricultural shows.

London motor show

Several new models will make their first appearance at this year's Motor Show in London, from October 19-29, which will feature the products of 534 exhibitors. Interest expressed by prospective overseas visitors, over 7,500 of whom came to the last event, has never been greater, says the U.K. Society of Motor Manufacturers and Traders.

Cancer cure in 20 years

FREDERICTON, N.B.—There will be a cure for cancer within 20 years, according to Dr. B. R. Baker of the Southern Research Institute at Birmingham, Ala.

"Drugs for the cure of the major types of cancer will be found within the next 20 years," Baker told the seventh summer seminar on the chemistry of natural products at the University of New Brunswick recently.

He said chemotherapy, the cure of diseases by drug treatment, should be applied to cancer as it had been outstandingly successful against such bacterial diseases as pneumonia and tuberculosis.

"With the advent of sulfa drugs and the antibiotics, one rarely dies from pneumonia today," he said. "The strides in TB treatment have been so great that many of our important sanatoriums have been closing their doors for lack of sufficient patients."

Copper is the oldest metal of commerce.



ROADSIDE NAP—On Exercise Antelope, a 45-mile route march in which 200 Cadets took part, these two cadets suffered from the dust and heat, but later reported no regrets. They are Brian Simcoe of Winnipeg and Paul Ferret of Duck Lake.

The Sports Clinic

(An official department of Sports College)
Conducted by Lloyd "Ace" Percival

Swim with a "beat"

In swimming the crawl, there should be a definite number of kicks to one complete arm stroke. Just how many depends on the individual—his length of leg, power of his arms and so on.

Swimming experts are divided. Some say the "six beat" (three kicks to each arm stroke—six for the complete stroke) is best. Others like an "eight beat".

For best results you should experiment until you find the beat that brings you the best results. Try the six, eight and even a 10 beat. Keep asking yourself: "What type of beat increases my speed?" "What beat tires me least?" and "What beat seems to make my swimming smoother and more relaxed?"

Study your needs and requirements so that you find the beat that brings you the most for your efforts in speed, endurance and style. By testing the various beats over different distances you may find that the eight beat is best for long swims while the six or even the 10 brings best results in short sprints.

If you have strong legs you may find a fast leg action best with a slow arm action. If your arms and shoulders are strong, slow leg action and faster arm action may suit you better. But, while making use of your natural build to its full advantage, always try to strengthen your weak points and increase your all-round skill.

For stronger muscles

A famous nutrition authority, Dr. L. Jean Bogert, has found that athletes in training need extra protein. In his book, "Nutrition and Physical Fitness", Dr. Bogert says: "When an athlete is in training, extra protein is needed to build new muscle tissue so that he can grow stronger."

This is particularly true for the young athlete who is anxious to grow tall and husky. Protein not

only helps muscle tissue development but also is a must in the growing process.

The simplest and most economical answer is to increase the athlete's intake of milk and cheese, both good sources of the best types of protein. Meat and whole grain products also are fine protein sources, but milk and milk products appear to offer the easiest solution as far as augmenting the diet is concerned.

Vegetables good source vitamins

Vegetables are an important part of the daily diet and they deserve much more careful preparation and cooking than they usually receive. Since they are a good source of vitamins, they require very little soaking in water and there should be a minimum of water used in boiling them. They should be cooked only long enough to make them tender—overboiling spoils not only the flavor but also destroys some of the important minerals and vitamins.

Ticklers



—By George

Restaurant inside a tree

Can you imagine a restaurant inside a tree? Part of a huge redwood in California was hollowed out and tipped on end to form the main dining room, while another piece of the trunk hollowed out and set upright forms the entrance way and counter fountain service section.

Strange to say, this novel eating place was made from but an average redwood. The redwood forests from whence this tree came are full of giant trees, many of them much larger. For instance, the General Sherman, estimated to be the oldest living thing in the world—its age placed at some 3,500 years—rises to a height of over 270 feet and has a base circumference of over one hundred feet. If this tree were to be cut down, approximately 600,120 board feet of lumber would come from it. Were one to use the base remaining after this cutting for a table, forty people could be served around it at one time.

Yet, these oldest living things, estimated to be 2,000 years old, do not appear so gigantic when seen in their natural setting among the other giant redwoods.

ABSENTHISM
Absinthe is the only alcoholic liquor whose excessive use produces a diseased condition that has been given a name of its own—absinthism.

Quick Canadian Quiz

- What is the origin of the name of the city of Ottawa?
- In 1939 there were 24,805 manufacturing establishments in Canada. How many are there today?
- At the 1951 census Canada's population was 14,009,000. What was the total at the time of the 1931 census?
- Which province is the leading butter producer?
- In 1949 the combined spending of federal and provincial governments was about \$280 per capita. What is it today?

Whales cannot move their eyes. Their nerves are stiff as a poker.

Still whittling totem poles

VANCOUVER.—A man who has been carving for 60 years is still whittling totem poles depicting the legends of the once-powerful Nootka Indian tribe.

Jimmy John, who calls himself historical recorder and speaker for the Nootkas, says each totem carried a tale of intrigue, happiness or fear and he wields his razor-sharp knife with the concentration of the skilled craftsman.

"This is the only school I know," said the 72-year-old artist as he tapped his chisel against the head of a Thunderbird he was carving. He has been carving totems and masks and engraving on metals since he was 12.

For the last 40 years his totem shop in Nanaimo has been a mecca for tourists and historians.

Weekly Crossword Puzzle

Perennial Herb

HORIZONTAL	VERTICAL
1,5 Depicted flower	1 Song bird
10 Trying experience	2 Fish
12 Mountain nymphs	3 French article
14 Born	4 Palm fruit
15 Diadem	5 Painful
17 Fondle	6 Ages
18 Chief priest of a shrine	7 Compass point
19 Subjugate	8 Short sleep
21 "Empire State" (ab.)	9 Arabian gulf
22 Accomplish	10 Individual
23 Pronoun	11 Mouth part
25 Withered	13 Pigpen
27 River in Belgium	16 Measure of area
30 Palm leaf	19 Female rabbit
31 Observe	20 Skittish
32 Card game	22 Plays
33 Measure of cloth (pl.)	24 Hebrew ascetic
34 Protuberance	30 Palm leaf
36 The present month (ab.)	31 Observe
37 Symbol for samarium	32 Card game
38 French island	33 Measure of cloth (pl.)
39 Jumbled type	34 Protuberance
41 Frighten suddenly	36 The present month (ab.)
47 According to (ab.)	37 Symbol for samarium
49 Indonesian of Mindanao	38 French island
51 Weird	39 Jumbled type
52 Striped cloth	41 Frighten suddenly
53 Basement	47 According to (ab.)
55 Its — are used medicinally	49 Indonesian of Mindanao
57 Franciscan mission in Texas	51 Weird
58 Let it stand	52 Striped cloth

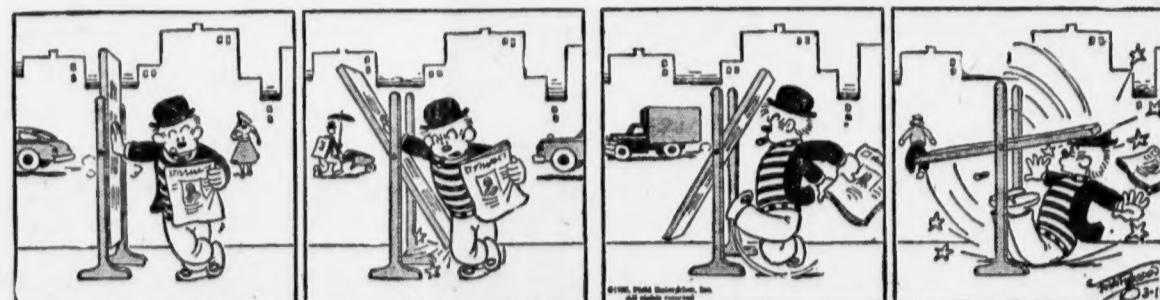
Here's the Answer



By Len Kleis



BOZO



By Foxo Reardon



—By Chuck Thurston

ANSWERS TO QUICK QUIZ

5. About \$450 per capita. 3. 10,376,000. 1. The capital gets its name from an Indian tribe, the Ottawas. 4. Quebec. 2. Today there are more than 38,000 manufacturing establishments.

(Material prepared by the editors of Quick Canadian Facts, the pocket annual of facts about Canada.)

3157

OUR COMPLETE SHORT STORY—

THE SIGHTSEERS

By JACK GARLINGTON

ALOUD Steve said "the big building's the Aquarium," but to himself he said "there's something fishy about this."

Nothing looked fishy in a young man riding around with a pretty girl in a blue sport coupe, showing her the sights. But somehow Steve felt ill-at-ease, as if there were something he needed to know.

He had met Helen that morning. He was sitting in the hotel lobby sunk in the depths of an easy chair and the realization that Elaine—lovely Elaine with the quizzical eyebrows—wasn't going to come. It was eleven thirty, and their date had been set for eleven fifteen. Steve wondered how to pass the weekend in a strange town.

Then Helen walked in. She glanced around, shyly, and at the same time poised.

"Are you waiting for someone?" he asked.

"Well," she said, gazing at him with brown eyes, "I'm looking—"

She paused, and he filled in: "Looking around? I make a good guide."

"Yes," she said, definitely. "I'm looking around."

"Good." He invited her to a seat and introduced himself.

"I'm Steve Laramie," he said. "Harriston's leading tourist guide." Then he asked a few questions, to all of which she replied vaguely. Finally: "Wouldn't you like to see something beside a row of synthetic marble pillars and the captain of the bell-hops?"

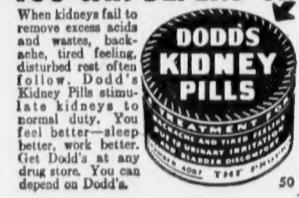
"Why—" she seemed undecided—"Are you sure you're not waiting for someone?"

"No," he said truthfully, "I'm not busy."

As he escorted her to the car he found that her name was Helen Trent and that she loved to dance. He also found that she had soft hair and a warm voice, and a way of looking at him like the scent of laughter in the air.

Well, it didn't matter. She was a marvellous companion. She didn't talk much, laughed when he said something amusing, and said "oh" in all the right places.

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REGINA

10 Technicians each performer

Televisioners sitting at home in their living rooms probably aren't aware of just how complicated the TV program they are watching really is.

Spotlight seems to consist solely of one or two men chatting away quite casually; Cabaret doesn't seem terribly involved . . . just a singer or dancer or two on the screen at a time; Sports Parade looks like the corner of the average rumpus room or den with all the goings-on very relaxed.

But there's more to a TV show than meets the eye.

Television programs, on the average, require the services of at least 10 times the number of technical people as do radio programs of similar type and length. Though the number of actual performers might remain constant, additional technical and program staff are required to permit the audience to see as well as hear their favorite programs.

Fashions

Half-sizers look!



4670

14½—24½

by Anne Adams

Want something new and pretty? Sew this in a jiffy! It's proportioned to fit the shorter, fuller figure—no alteration worries! Simple, slimming lines with a collar, pocket flaps that can match or contrast with the dress. Have it with or without sleeves!

Pattern 4670: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4½ yards 35-inch.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Write plainly Size, Name, Address and Style Number and send orders to:

**Department P.P.L.,
Anne Adams Pattern Dept.,
60 Front Street W., Toronto**

that would stand up Helen must have been petrified from birth.

"—married—ring at the jeweler's—" He read the note by phrasers, still thinking about the brown eyes he saw watching at the curb. Suddenly his attention came to a full stop.

"So I'm sending a substitute," the note read, "my sister Helen. I'm sure you'll like her, and maybe she'll show you around some more. She's lived here 15 years."

All prunes are dried plums.

THE TILLERS



Rosetown will have automatic telephone system Sept. 27

REGINA.—The eleventh completely automatic telephone exchange to be installed in Saskatchewan during the past six years, and the 21st dial exchange centre in the province will go into service at Rosetown at 11 p.m. (MST) Sept. 27.

Skin disease by inhalation

Inhaling such substances as house dust and ragweed pollen can cause skin disease as well as asthma in some children, according to Dr. Louis Tuft, of Temple University School of Medicine, in a report reprinted in the current issue of Health Magazine, official publication of the Health League of Canada.

Dr. Tuft was reporting on "inhaled" allergens in the American Journal of Diseases of Children, published by the American Medical Association.

He says that for many years allergic eczema, a form of skin disease, was treated like other "eczemas" and was blamed on allergy-producing foods such as milk, wheat and eggs. He said that food can cause this kind of skin disease, but that it often results from simply inhaling allergens, notably ragweed. Frequently, both skin disease and asthma are caused by the same substance.

Chief causes of the disease are house dust, plant pollens, wool, silk, tiny scales from animal hair or feathers, insecticides, and atmospheric molds (particularly in the midwestern or grain areas of the country). Children may get allergic eczema from rabbits, cats, horses and dogs. While some cases may be treated by desensitizing injections like those used in asthma, the usual treatment is to remove the cause.

Mr. Muirhead said that it is even possible children may be allergic to dander in the scalps of their parents—but this has never been proved. "Until it is," he said, "one must withhold judgment."

CLEAN HANDS FOR GOOD HEALTH

Cleanliness is next to godliness, they say. It is certain one of the ingredients in a good health plan. Disease germs may be collected on dirty hands, and from there transferred to the mouth with food. Every adult should make a practice of washing his hands before eating and every child should be trained to do so before he eats meals or even a between-meal snack, and always after visiting the toilet.

PATENTS

AN OFFER TO EVERY INVENTOR. List of Inventions and full information sent free. THE RAMSAY COMPANY, Registered Patent Attorneys, 273 Bank Street, Ottawa, Canada.

Butterscotch-Pecan Cookies

Grease cookie sheets. Preheat oven to 350° (moderate). Mix and sift twice 2½ c. once-sifted pastry flour (or 2¼ c. once-sifted all-purpose flour), 2 tsps. Magic Baking Powder and ½ tsp. salt. Cream ¾ c. butter or margarine and gradually blend in 1½ c. lightly-packed brown sugar; add 2 well-beaten eggs part at a time, beating well after each addition; mix in ¾ c. vanilla and ¾ c. chopped pecans. Add flour mixture part at a time, combining thoroughly after each addition. Drop dough by spoonfuls, well apart, on prepared cookie sheets; flatten with the floured tines of a fork. Bake in pre-heated oven 10 to 12 minutes. Remove from pan immediately. Yield—6 dozen cookies.

Always Dependable



—By Les Carroll

WIDENING THE FIELD

In the endeavor of the Canada Experimental Stations to serve effectively the large territory covered, the illustration stations

are proving valuable. They cover a wide area and provide an excellent opportunity for testing under a variety of conditions results obtained experimentally at

the parent stations.

In central Alberta, supervised from Lacombe, are ten of these illustration stations. They are located at Chedderville, Leslieville, Acme, Castor, Metiskow, Chauvin, Athabasca, St. Paul, Bonnyville and Evansburg. Supervisors L. J. Anderson and S. Church guide operations and with the co-operation of the men on whose farms these stations are situated useful information is obtained.

To study farm practices under local soil and climatic conditions is the objective of illustration station work. We have a wide variety of soils in central Alberta and a diversity of climatic conditions, the supervisors say. When the illustration stations started several years ago they were primarily demonstration stations. Since that time the work has been steadily expanded until fact finding as well as demonstration now occupies an important place.

Cereal crops, forage crops, rotations and soil fertility are among studies undertaken. Weather data are recorded, farm business practices encouraged and methods of cultivation compared. Among the forage crop studies are grass nursery plots at Athabasca, Castor and Metiskow, designed to test the adaptability of various species. Tests with grasses and legumes alone and in combination are located at Leslieville, Chauvin, Athabasca, St. Paul, Bonnyville and Evansburg. Seed increase blocks of suitable grasses are maintained at various stations, pasture studies are conducted, and on land subject to flooding at Castor demonstration blocks of grass-alfalfa combinations are maintained.

nomination, attending Sheyenne River Academy in Harvey, North Dakota; Union College in Lincoln, Nebraska, Clinton Theological Seminary, Clinton, Missouri. As a young minister Elder Roth served as an evangelist in the states of Kansas, Nebraska, New York and Missouri.

May the hope of the resurrection be the comfort of the family in their loss." General Conference Committee, Secretary, H. T. Elliott.

In the year 1909 Mr. Roth was united in marriage to Lydia Swant of Bowdon, N. Dakota. To this union were born two sons and two daughters.



Dr. F. J. Greaney,
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HARVEST FOR
"TOP QUALITY" GRAIN

High quality is the key that will enable Canada to maintain its present enviable position in the grain markets of the world. There is still a need and a demand for top quality wheat, and other grains. With good crops in prospect, it is more important than ever this year for western farmers to avoid losses in grain quality and yield through the use of faulty and careless harvesting methods.

Time of Harvesting. It is a well established fact that the cutting of grain before it is ripe means a sacrifice of both yield and quality. Just because the combine is ready to go, is no reason why any farmer should "beat the gun" and start harvesting before the grain crops are fully mature. It should be remembered that, according to government grain-grading regulations, No. 1 Northern wheat will be graded No. 2 Northern if it carries more than 1 per cent of green kernels.

Avoid Harvest Losses. A high grade standing grain crop can be ruined by the use of faulty or careless harvesting methods. Inefficient or improper combining or threshing can be, and very often is, responsible for reducing the quality (the grade) of many grain crops. In most areas of Western Canada, field stands of all cereal crops are good this year. If the proper care is taken in harvesting them they should produce "top quality" grain. Splitting of wheat, peeling and breaking of barley, and cracking of flaxseed can be eliminated almost completely if farmers and combine operators will only take the time and the care to see to it that their combines or threshing machines are properly adjusted for "quality" grain production. Slow cylinder speeds, and keeping cylinder concaves, sieves and wind properly adjusted at all times will result in the minimum amount of kernel damage.

Expressive of the regard in which he was held in the S.D.A. denomination is this message which was sent by the denomination's leadership in Washington, D.C., the S.D.A. General Conference.

"Brother Roth's long and faithful service both overseas and in the homeland won him the love

Get the best possible returns from your 1955 grain crops by harvesting them carefully. Harvest for "top quality" grain in 1955.

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Spotlight on HEALTH Science Features

What About Ulcers?

Even though an ancient physician described ulcer of the stomach almost two thousand years ago, this disabling condition is particularly associated with the fast pace of modern life. About 10 per cent of all Americans develop an ulcer some time during their life. The disease is actually an eroded crater in the lining of the stomach or its exit passage, the duodenum. The crater is created by over-production of potent digestive acids.

Fortunately, medical scientists are finding new ways of helping ulcer victims overcome this painful, sometimes fatal, gastric ailment. If you have an ulcer, luckily, you'll have pain. This is nature's warning. The pain is usually localized right under the ribs and occurs in bouts of fifteen minutes to an hour's duration.

Unchecked, the gastric acids, which have penetrated the membrane lining of the stomach, will eat their way right on through the rest of the muscular tissue, sometimes causing a dangerous hemorrhage or a dumping of the stomach's contents into the abdominal cavity and so bringing on peritonitis.

We know that highly seasoned foods, smoking and other indulgences can help cause peptic ulcer, but the mind is evidently just as important. Persistent worrying over business or personal affairs plays an important role too.

What can be done for ulcer sufferers? Physicians know that diet is very important, that snacks between meals put something between the stomach and the potent acids it secretes. Surgeons have tried cutting certain nerves which stimulate acid production, and drugs have been developed which inhibit these nerves.

Most doctors agree that the ulcer patient can do a great deal to help himself live with his essentially incurable condition. He can watch his diet, trying to avoid irritating foods and stick to the bland ones. He can also try to avoid nervous stimulation and emotional crises. New medical techniques, in the long run, can only help the ulcer patient to help himself.

stand-by of the ulcer sufferer is still the antacid. The most commonly used antacid is bicarbonate of soda, which acts to take the bite out of stomach acids by neutralizing them to form harmless compounds. A more effective substance is Gelusil, which combines two acid-neutralizing substances, aluminum hydroxide and magnesium trisilicate. Such a drug combines with the acid and also physically coats the ulcer crater to protect it from further erosion.

One of the newest methods of ulcer medication is the use of the anti-secretory drugs, which inhibit over-secretion of gastric juices. Another line of attack on ulcers is the use of sedatives such as phenobarbital to cut down anxiety and nervous tension. If all these measures fail, the physician may recommend surgery, particularly if the trouble is located in certain areas of the stomach. Under surgery, all or part of the stomach may be removed or a new exit from the stomach to the intestine may be formed by the surgeon.

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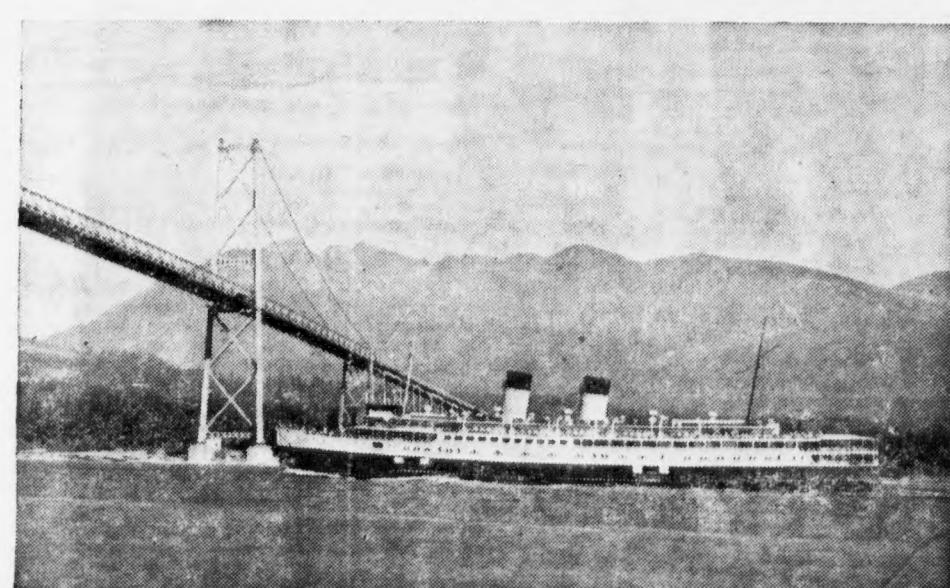
Level Land

IN REMEMBRANCE J. H. ROTH

Elder John H. Roth was born in Eureka, South Dakota February 4, 1886, and died at the Glendale Sanitarium and hospital in Glendale, Calif. Aug. 13, 1955.

Mr. Roth was a minister for the Seventh-day Adventist denomination for 41 years. He obtained his preparation for the ministry in the schools of the de-

“Brother Roth's long and faithful service both overseas and in the homeland won him the love



An evening cruise, Tuesday, September 13th, around Vancouver Harbour through beautiful Burrard Inlet and the Gulf of Georgia will be a feature of the 36th Annual Convention of the Canadian Weekly Newspapers Association at Vancouver. The cruise for the newspaper delegates and their wives will be provided in the Canadian Pacific Railways beautiful coastal steamer, Princess Patricia, which normally plies the famous triangle route, linking Vancouver, Victoria and Seattle.